

- III Evaluation.
- IV Adaptation.
- V Selection.
- VI Organization.

Adaptation -

1. By age
  - a. Chronological
  - b. Physiological
  - c. Psychological.
2. By sex - separate etc.
3. According to needs of child groups
  - a. Facilities
  - b. Space
  - c. Equipment
4. According to Time.
5. Location and Seasonal Conditions.

Selection:

Individual needs according sex, age  
 " " & mass Athletics - Staley.

Organization.

<u>Natural</u>	<u>Artificial</u>	<u>Related</u>
Self-Test Act.	Calisthenics.	
Rhythmical.	Camp, etc.	
Dramatic	Corrective Ex.	
Hunting & Games.		
Fencing, etc		
Aquatic		

# Secondary School Program. 2 Periods a wk.

Fall  
Hockey ✓  
Base-ball  
Volley-Ball. ✓  
Track & Field

Winter  
Basketball ✓  
Gym. ✓  
Tumbling. ✓  
Skating? ✓  
Games

Spring  
Base-ball ✓  
Track & Field ✓  
Folk Dancing.  
Games

select emergency<sup>school</sup> make out 3 yr. suggested program for High School.

Description of School - vicinity  
Facilities  
Time allotment.  
Program

8<sup>th</sup> year High school 5 periods a wk. that facilities

Mon.	Tues.	Wed.	Thurs.	Fri.
Gymnasium	Dancing	Gymnasium	Games.	Basketball
Gymnasium				
Stumble Rocking				

Problem 1  
294

1st Ind. - 1st Ind.  
2nd Ind. - 2nd Ind.  
Act. child make for school

the 6722

Have a time 4 u

Chp. 10 - Schedules

Topic - what interests you.

Bibliography - March 2<sup>nd</sup>

Topic - April 1<sup>st</sup>

Pg 102

End of day Act.



- 1-9210721000
- A. Amount. - Point at which one reaches fatigue.
  - B. Variety - Abilities & Interests.
  - C. Intensity. - According to Phy. condition, environment, etc.
  - D. Duration & Frequency - Every day if possible & pt. of fatigue.

Signs of Fatigue -

1. Undue breathlessness.
2. Stitch in side.
3. Beat in heart.
4. Feeling of constriction in chest.
5. Faint, nauseated.

Observer Notices.

1. Labouring for breath.
2. Mouth open & nostrils contracted.
3. Neck muscles tense. Veins extended.
4. Skin - pale or darkish red.
5. Legs - poor posture.
6. Disturbances of nervous system.
7. Not happy - facial expression.

School - Private

L. Creighton.

Facilities - Balls, <sup>etc.</sup> fair amt. of apparatus - Out-door pool. Individual equipment etc.

Time allotment - 2 hrs. a week.

Number - 75.

### Fall

### Winter

### Spring.

Swimming (if it gets too cold)  
Hockey  
Volley - Ball.  
Badminton  
Golf.  
La Crosse.

Basketball.  
Gymnastics.  
Stunts & Tumbling.  
Apparatus.  
Games.  
Dancing.  
Skating.  
Badminton  
Volley - ball

Track & Field  
Baseball  
Archery.  
Tennis  
Swimming (when it is warm enough)  
Bowling (out - doors)  
Riding.  
Golf.

Swimming  
Hockey  
Volley - Ball  
Golf  
La Crosse  
Badminton

Basketball (advanced)  
Gymnastics ( " )  
Apparatus  
Highly skilled games  
Dancing.  
Skating  
Badminton  
Fencing.

Track & Field.  
Baseball.  
Archery.  
Tennis  
Riding  
Golf.  
Swimming.

Swimming.  
Hockey.  
Volley - Ball  
Golf  
La Crosse  
Badminton

Basketball  
Gymnastics (advanced)  
Apparatus ( " )  
Highly Skilled Games  
Dancing.  
Skating.  
Badminton.  
Fencing.

Track & Field.  
Baseball.  
Archery.  
Riding.  
Golf  
Tennis  
Swimming.

Grade X

Grade XI

Grade XII



- (B) Diet Good.
- (C) Weight good for comfort.
- (D) Enough recreation & sleep.
- (E) Not fatigued.

Attitude:

Readiness      Stimulus and Response  
 Enthusiasm  
 Enjoy  
 Desire to excel

### 5) Concentration

Control direction of one's attention.

Fear or worry.

Be calm & peaceful in body & mind.

1. Rapid work keeps attention, aids concentration.
2. Interest & suitable work.
3. Definite purpose in study.
4. Have alert questioning attitude.
5. Have interest in improvement.
6. Control of emotions and fatigue.

Memory is important in the learning process  
 whatever will improve

1. Receiving or experiencing impression.
2. Retaining of impression.
3. Recalling.
4. Recognising as original impression.

1. Have active, energetic attitude. Clear cut, accurate + vivid.
2. Have the intention to remember.
3. Having confidence in ability to remember.
3. 1<sup>st</sup> study try to get ideas or units of thought rather than details.
4. Make as many associations as possible in materials you are reading.
5. Provide for repetition of material to be learned.
6. Learning a thing as a whole is better than part learning.
7. Over-learning is a safe guarding against under learning.
8. Practice in recalling + recognising of impressions is equally imp. as recognising.

Reading:- 90% of study this reading.  
Good reading necessary for practical efficiency in life.

Improve reading ability.

1. Persistent effort
  2. Analyse any specific difficulties + try to find a remedy to overcome
- Improve Reading.

1.

2. Less reading with lips. - Reduce vocalisation
  3. Learn to overlook unimp. words + concentrating on meaning.
  4. Avoid nervous movements while reading.
- 245 Average words a minute for Freshman.



## [Use of the Library]

### Vocabulary

Looking up words which you do not know the meaning.

Judge the meaning of new words by context.

Keep lists of new words.

### Interest & Concentration helps.

Getting bird's eye view of what is read.  
Get actual facts & details given & distinguished between opinions & facts.  
Remembering what one has read.

### Methods of reading for different types.

1. Skimming.
2. Reading for mastery of content. May be 2<sup>nd</sup> ... of what was skimmed.
3. Criticism.
4. Read a book for enjoyment & enlightenment.

History of P.E. - Leonard & Mac Kenzie.

A brief Hist of P.E. - E. A. Rice.

Physical Ed - W. P. Welpton.

P.E. been determined by social, political, economic and religious influences of the time. No formal P.E. in primitive tubes. Energy for living - food, battle, etc. Early time ed. by imitation. (Daughter follows mother, etc.) Hunting, fishing, fighting, building shelter only form of Phy. Ed. Most skillful man chief of tube - not popular. Amusement of early man were bands (tales of war, etc.) prize of heroes, dances of hunting or of battle or religious significance. Youth's ed. learning tribal dances.

The women did labor about home. Wanted girls to be <sup>obedient</sup> ~~industrious~~, industrious, patient as this was their ed. goal.

China oldest civil. Regressed 1000 yrs. ago. Remained static. Ed. preparation for life in static society. Instead of living in changing & dynamic place.

Persia - Training of boys - justice the watching elders judging cases, self-control & obedience. Self-restraint in eating & drinking. Activities, <sup>Base & Amorous</sup> hunting spear, learn to shoot. At 17 Ring took groups of boys hunting. Training practical & not intellectual, learning by imitation and example.

697 Greece - Ph. Ed., dancing, etc part of Ed.



1. In what way may we become immune from disease?
2. What makes us immune?
3. How do scientists discover, & test out a vaccine?
4. What is the difference between obtaining immunity from having diphtheria & from receiving toxoid treatments?
5. Could all diseases be wiped out by vaccine treatment?
6. How can we avoid contracting transmissible diseases?

- I.
  - a. Give four instances in which a bully would occur.
  - b. Name the players taking the bully in each case.
  - c. Give the position on the field where each bully is taken.
- II.
  - a. List ten fouls for which a free hit is given.
  - b. Give five points governing the free hit rule.
- III.
  - a. When is a player "offside"?
  - b. How can a player keep inside?
- IV. Name the penalty awarded when
  - a. defense fouls in the striking circle.
  - b. attack fouls in the striking circle.
  - c. one of the centers makes a foul while bullying.
  - d. the ball goes out of bounds over the side line.
  - e. a player steps over the center line before the center bully has been completed.  
(i.e.: before one of the center forwards has touched the ball).
- V. Give line up of players when
  - a. the defense hits the ball over the end line not between the goal posts.
  - b. attack hits ball over the end lines not between the goal post. (Use diagrams).